



Erie County Stay Fit Dining Program Menu



December 2026



Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken & Sausage Paella Rice with Black Beans Corn with Red Peppers Apple Juice Chocolate Pudding (641)	1 Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Mixed Vegetables Dinner Roll Vanilla Ice Cream Cup (807)	2 Breaded Chicken Cutlet with Cranberry Chutney Tater Tots Peas with Pearl Onions Wheat Dinner Roll Tropical Fruit (716)	3 Entrée Salad Tuna Pasta Salad on a Bed of Fresh Salad Greens Club Crackers Fudge Round Cookie (765)	4 Baked Ham with Maple Glaze Mashed Sweet Potatoes Cauliflower Rye Bread Pineapple Tidbits Chocolate Milk (609)
7 Hearty Turkey Stew Mashed Butternut Squash Brussels Sprouts Warm Biscuit Oatmeal Cookies (728)	8 Chicken Breast with Red Pepper Cream Sauce Garlic Mashed Potatoes Peas with Red Peppers Multigrain Bread Mandarin Oranges (612)	9 Beef Macaroni Casserole with Cheddar Cheese Mixed Vegetables Chef Salad with Dressing Grape Juice Italian Bread Fresh Banana (951)	10 Breaded Boneless Pork Chop with Gravy Mashed Potatoes Green Beans Dinner Roll Applesauce Chocolate Milk (660)	11 Beer Battered Fish with Tartar Sauce Cheesy Broccoli & Rice Zucchini & Tomatoes Wheat Dinner Roll Pineapple Tidbits (677)
14 Beef Bourguignon Mashed Potatoes Corn Dinner Roll Fresh Orange (662)	15 Tortellini with Tomato Meat Sauce & Mozzarella Broccoli Florets Fruit Punch Italian Bread Lorna Doones (730)	16 Christmas Lunch Broccoli-stuffed Chicken with Creamy Herb Gravy Vegetable Rice Pilaf Peas with Red Pepper Chef Salad with Dressing Dinner Roll Cheesecake with Chocolate Sauce (1063)	17 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Green Beans Pineapple Tidbits Chocolate Milk (625)	18 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes California Blend Vegetables Muffin Mandarin Oranges (664)
21 Welcome Winter Roasted Turkey with Gravy & Cranberry Sauce Mashed Potatoes Brussels Sprouts Dinner Roll Apple Pie with Whipped Topping (832)	22 Chili con Carne with Cheddar Carrots Chef Salad with Dressing Apple Juice Corn Muffin Fresh Banana (912)	23 Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Scalloped Potatoes Normandy Blend Vegetables Pineapple Tidbits Chocolate Milk (806)	24 Beef Pepper Steak Casserole with White Rice Broccoli Florets Cranberry Juice Strawberry Gelatin (628)	25 No Meals Served MERRY CHRISTMAS
28 Chicken Vegetable Casserole Mashed Potatoes Green Beans Warm Biscuit Diced Peaches (617)	29 Breaded Chicken Cutlet with Mushroom & Onion Gravy Scalloped Potatoes Corn Wheat Dinner Roll Mandarin Oranges (740)	30 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Peas Dinner Roll Italian Ice (743)	31 New Year's Lunch Breaded Boneless Pork Chop with Stuffing & Gravy Mashed Potatoes with Chives Carrots Chef Salad with Dressing Chocolate Cream Pie (1074)	1 No Meals Served HAPPY NEW YEAR!

*If you have a food allergy, please notify us.

FOR RESERVATIONS, CALL 716-652-7934